

Your Visit

In efforts to alleviate any added stress upon your dental visit, we have compiled the following list of local establishments in which we trust and highly value. We hope it helps.

Dining

Pure Food & Juice www.purefoodandjuice.com

"We create daily REAL food handcrafted with the very best ingredients. Gluten free, sugar free, soy and dairy free, table salt and non processed. We have a variety of food for every diet; plant based, keto, paleo, gluten free, plant paradox, vegetarian, vegan, soy free, and raw."

Ediblend www.ediblend.com

"We believe in the restorative power of plant-based eating and we want our clients to begin a transformation for their mind and body one blend at a time"

Que Gusto www.quegustotulsa.com

South American gourmet. "we use the best quality ingredients in our food, 70% of our ingredients are organic, everything is made from scratch, grass fed dairy, no trans-fats, non- GMO, antibiotic free, cage free, no hormones or steroids, and no preservatives or artificial colors"

Elote www.elotetulsa.com

Mexican restaurant known for area-sourced ingredients, organic meats, many tequilas & environmentally friendly practices.

Amelias www.amelias.us

Sophisticated aesthetic, creating a warm space where diners can linger over thoughtfully prepared food and an excellent wine menu. Focus is on wood-fired foods, fresh ingredients, handmade pastas and locally sourced produce. Aspects of the menu change daily.

Andolini's www.andopizza.com

Their commitment to an exceptionally high quality process and true ingredients which have been sustainably sourced makes Andolini's a unique dining experience. One that approaches the craft of pizza making with a passion to uplift the art form...

Roosevelt's www.rooseveltstulsa.com

Locally owned and family operated gastropub that proudly sources ingredients from local farms throughout Oklahoma. In-house bakery and craft beer with 80 taps.

Bird & Bottle www.birdandbottletulsa.com

A fresh ingredient american eatery and bar

Tavern www.taverntulsa.com

Modern neighborhood pub featuring world class wines, craft cocktails, artisan beer and upscale tavern cuisine.

Stone Horse Cafe in Utica Square www.stonehorsecafe.com

Located in beautiful Utica Square, we serve a variety of French & American inspired cuisines, afternoon tea, cocktails, wine & more.

Queenies in Utica Square www.queeniesoftulsa.com

We make the freshest, tastiest food using local, organic free range chicken and eggs. Come in and check our chalkboard for daily specials.

Coffee Houses

Shades of Brown www.shadescoffee.com

An eclectic Brookside treasure offering an array of pastries and fine coffees utilizing milk from the local Lomah Dairy.

Cirque Coffee www.cirquecoffee.com

"We unashamedly roast light and utilize techniques some would call unconventional to achieve roasts that are clean with no compromise"

Hodges Bend www.hodges-bend.com

Coffee, Wine, Cocktails. For when you need all three.

Coffee House on Cherry Street www.chocstulsa.com

Neighborhood coffee house and bakery serving locally roasted coffee, home-made breakfast, lunch, and handmade delicious desserts.

Topeca Coffee Roasters www.topecacoffee.com

Located in the historic Philcade Building in the heart of downtown Tulsa, our cafe, near the corner of 5th Street and Boston Ave, serves coffee and pastries, seven days a week.

Hotels

The Ambassador www.ambassadortulsa.com (918) 587-8200

A Marriott Autograph Collection boutique-style hotel in the Cathedral District of downtown Tulsa.

Campbell Hotel www.thecampbellhotel.com (855) 744-5500

Located right on Historic Route 66, The Campbell Hotel & Event Centers is a luxurious boutique hotel and event center consisting of 26 uniquely decorated rooms, a lounge, and full salon and spa services, all situated conveniently near downtown Tulsa's most popular sights and attractions.

The Mayo Hotel www.themayohotel.com 918-582-6296

After a \$42 million dollar historic renovation, The Mayo Hotel re-opened its doors in late 2009, jumpstarting the revitalization of Downtown Tulsa. Steeped in historic detail and modern luxury, the property now offers 102 guest rooms and 76 private residences and the most fabulous event space in Tulsa for hosting weddings, social events, parties, conventions or business meetings.

Cedar Rock Inn www.cedarrockinn.com (918) 447-4493

A luxury bed and breakfast less than 10 minutes from downtown Tulsa offering five luxury suites for the perfect getaway for honeymoons, special occasions or out-of-town accommodations.

Courtyard Marriott Downtown www.marriott.com (918) 508-7400

The Historic Atlas Life Building takes new life with 119 special guest rooms for the business traveler & for those looking to escape & relax. Are you a history buff? Absorb the Art Deco features of our 1st floor lobby or choose a room on our Historic 7th floor to see original building features from 1922!

Dining/Shopping Districts

Mother Road Market (just Northeast of our office) www.motherroadmarket.com

The Mother Road Market is Tulsa's FIRST food hall. At approximately 27,000 square feet, it features a curated collective of over 20 small restaurant and retail shops.

Utica Square (across the street from our office) www.uticasquare.com

Tulsa's premier shopping and dining experience

Cherry Street District (just north of our office) www.travelok.com/listings/view.profile/id.13193

Visitors to this neighborhood find great shopping, particularly antiques and collectibles, a variety of local eateries, as well as some fabulous old homes in the surrounding residential areas.

Brookside (just south of our office) www.visittulsa.com/listings/Brookside-District/703

Filled with quaint boutiques, art galleries, antique shops and trendy restaurants, Brookside turns into a neon avenue at night, with clubs and bars bringing out crowds for nightlife.

Tulsa Arts District (just 5 minutes away in downtown) www.thetulsaartsdistrict.org

The Tulsa Arts District is home to retail and service shops, restaurants, bars, clubs, galleries, museums, parks, private businesses, residences and historic music venues.

Blue Dome District (just 5 minutes away in downtown) www.roottulsa.com/places/1380

With its historic building, restaurants, local retailers and bars and clubs—the Blue Dome District has an abundance to offer between Cincinnati, Greenwood, 1st and 4th Street.

Cathedral District (just 5 minutes away in downtown) www.tulsacathedraldistrict.com

Located at the southern end of the Inner Dispersal Loop, the Cathedral District boasts a rich combination of faith, life, business, and culture. People from all over Tulsa are drawn downtown every day by six historic churches, Tulsa Community College, and up-and-coming entertainment and dining hot spots.